

**WHAT IS CLAIMED IS:**

1. A cable, comprising:  
a central strength member;  
a buffer tube stranded around the central strength member, the buffer tube loosely housing at least one optical fiber;  
a first conduit configured to receive at least one first blown optical fiber and positioned external to the central strength member; and  
an outer jacket positioned at the periphery of the cable.
2. The cable of claim 1, wherein the central strength member includes a bore configured to receive at least one central blown optical fiber.
3. The cable of claim 1, wherein the central strength member is solid.
4. The cable of claim 1, further comprising an inner jacket positioned inside the outer jacket and surrounding at least the central strength member and the buffer tube.
5. The cable of claim 4, wherein the first conduit is positioned outside the inner jacket.
6. The cable of claim 5, wherein the first conduit and the inner jacket have substantially identical inner diameters.
7. The cable of claim 5, further comprising a second conduit configured to receive at least one second blown optical fiber and positioned outside the inner jacket.

8. The cable of claim 4, wherein the first conduit is positioned inside the inner jacket.

9. The cable of claim 8, further comprising a second conduit configured to receive at least one second blown optical fiber and positioned outside the inner jacket.

10. The cable of claim 1, wherein the central strength member includes reinforcing elements.

11. The cable of claim 1, further comprising a first water blocking layer surrounding the central strength member.

12. The cable of claim 11, further comprising an outer strength member located substantially parallel to the central strength member and inside the outer jacket.

13. The cable of claim 12, further comprising a second water blocking layer located between the outer strength member and the central strength member.

14. A cable, comprising:  
a central strength member;  
a conductor of electrical energy stranded around the central strength member;  
a first conduit configured to receive at least one first blown optical fiber and positioned external to the central strength member; and  
an outer jacket positioned at the periphery of the cable.

15. The cable of claim 14, wherein the central strength member includes a bore configured to receive at least one central blown optical fiber.

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16. The cable of claim 14, wherein the central strength member is solid.

17. The cable of claim 14, further comprising an inner jacket positioned inside the outer jacket and surrounding at least the central strength member and the conductor.

18. The cable of claim 15, wherein the first conduit is positioned outside the inner jacket.

19. The cable of claim 15, wherein the first conduit is positioned inside the inner jacket.

20. The cable of claim 18, further comprising a second conduit configured to receive at least one second blown optical fiber and positioned outside the inner jacket.

21. The cable of claim 14, further comprising a buffer tube loosely housing at least one optical fiber and being stranded around the central strength member.